

Baking Powder Biscuits - USDA Recipe B040 for CACFP

Meal Components: Grains

B04

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Whole-wheat flour (See Notes Section)	1 lb 15 oz	1 qt 3 cups	3 lb 14 oz	3 qt 2 cups	<div><div>1.</div>Set aside 2 cups (about 9 oz) flour for step 5.</div> <div><div>2.</div>Pour 1 qt 1 cup (about 1 lb 6 oz) flour, dry milk, baking powder, and salt in a commercial mixer (batch as needed). Using a paddle attachment, mix on low speed for 1 minute.</div> <div><div>3.</div>Add sour cream to flour mixture. Mix for 2 minutes at low speed. Mixture will be crumbly.</div> <div><div>4.</div>Add water and mix for approximately 1 minute on low speed to form soft dough. Scrape bowl as necessary during mixing.</div> <div><div>5.</div>Sprinkle remaining 2 cups (about 9 oz) flour onto counter top. Place dough onto lightly floured</div>
Instant nonfat dry milk	5 oz	1/2 cup 2 Tbsp	10 oz	1 1/4 cups	
baking powder	3/4 oz	2 Tbsp 1 tsp	1 1/2 oz	1/4 cup 2 tsp	
Salt		3/4 tsp		1 1/2 tsp	
Low-Fat Sour Cream	1 lb	2 cups	2 lb	1 qt	
Water		1 3/4 cups		3 1/2 cups	

6. Recommendation: Prepare in batches of 25.
7. Roll out about 3 lb 8 oz dough to 1/2" thickness. Cut with floured 2 1/2" biscuit cutter.
8. Transfer to a sheet pan (18" x 26" x 1") lightly coated with pan release spray.
9. Bake in a pre-heated oven until lightly browned:
10. Serve 1 biscuit.

Notes

*DO NOT PACK FLOUR.

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

Serving

NSLP/SBP Crediting Information: 1 biscuit provides 2 oz equivalent grains.

CACFP Crediting Information: 1 biscuit provides 2 serving grains.

Serving	Yield	Volume
See Notes	25 Servings: about 4 lb	25 Servings: about 2 quarts / 25 biscuits
	50 Servings: about 8 lb	50 Servings: about 1 gallon / 50 biscuits

Nutrients Per Serving					
Calories	153	Saturated Fat	1 g	Iron	
Protein	6 g	Cholesterol	9 mg	Calcium	71 mg
Carbohydrate	27 g	Vitamin A	232 IU	Sodium	201 mg
Total Fat	3 g	Vitamin C		Dietary Fiber	4 g